

Good  
fats

The infographic features two large, tilted, rounded squares at the top. The left square is green and labeled 'Good fats', while the right square is red and labeled 'Bad fats'. Four green arrows point downwards from these squares to four columns of text below. The first column, under 'Good fats', lists 'Monosaturated' and 'Polysaturated' fats with their respective food sources. The second column, under 'Bad fats', lists 'Saturated' and 'Trans' fats with their respective food sources. A watermark 'www.superloudmouth.com' is visible in the background.

Bad  
fats

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### Monosaturated

Hazelnuts  
Cashew  
Peanuts  
Egg yolks  
Almonds  
Olive oil

### Polysaturated

Oily fish  
Sunflower oil  
Corn oil  
Avacado  
Flax seeds

### Saturated

Full fat milk, cream  
Chocolate  
Ice cream  
Cheese  
Coconut, Palm oil  
Deep fried foods

### Trans

Cakes  
Soft drinks  
Biscuits  
Fried foods  
Doughnuts  
Baked foods  
Hydrogenated oils

# Good Fat Vs Bad Fat

**Jiyuan Zhang**



## **Good Fat Vs Bad Fat:**

This book delves into Good Fat Vs Bad Fat. Good Fat Vs Bad Fat is a vital topic that must be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Good Fat Vs Bad Fat, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Good Fat Vs Bad Fat
- Chapter 2: Essential Elements of Good Fat Vs Bad Fat
- Chapter 3: Good Fat Vs Bad Fat in Everyday Life
- Chapter 4: Good Fat Vs Bad Fat in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Good Fat Vs Bad Fat. This chapter will explore what Good Fat Vs Bad Fat is, why Good Fat Vs Bad Fat is vital, and how to effectively learn about Good Fat Vs Bad Fat.
3. In chapter 2, the author will delve into the foundational concepts of Good Fat Vs Bad Fat. This chapter will elucidate the essential principles that need to be understood to grasp Good Fat Vs Bad Fat in its entirety.
4. In chapter 3, this book will examine the practical applications of Good Fat Vs Bad Fat in daily life. The third chapter will showcase real-world examples of how Good Fat Vs Bad Fat can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Good Fat Vs Bad Fat in specific contexts. This chapter will explore how Good Fat Vs Bad Fat is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Good Fat Vs Bad Fat. The final chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Good Fat Vs Bad Fat.

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